

CAREGIVER BURNOUT: IS YOUR FLAME ABOUT TO FIZZLE?

Caregiving is difficult and exhausting work. Family caregivers frequently report experiencing high levels of stress. It can be overwhelming to take care of an aging loved one, and too much stress can be harmful to both of you.

Feeling overwhelmed and unable to take another step forward? You may be experiencing burnout. Take this quiz to find out if your flame is about to fizzle.

	TRUE, this describes my situation most of the time.	FALSE, this isn't the case in my situation.
1. I feel emotionally drained because of my caregiving duties.	yes	no
2. I've developed a negative attitude.		
3. I feel stressed out more often than not.		
4. I have more medical problems as a result of being a caregiver.		
5. I feel more depressed and/or anxious than before I became a caregiver.		
6. I'm not successful as a caregiver.		
7. I have trouble sleeping at night.		
8. I feel all alone—no one helps me.		
9. I have trouble making time for myself and taking a break.		
10. I feel trapped in my caregiver role.		
11. I feel hopeless and as if there is no help for my situation.		
12. I've become angry & frustrated and sometimes take my anger & frustration out on the person I care for.		

The more items you answered **TRUE** to in the Burnout Quiz, the higher the likelihood that you are experiencing burnout. Even if you responded **TRUE** to just one question, you will benefit from additional support.

To learn more about caregiver burnout and to find the help you need, contact Aging Wisdom. Our Aging Life Care Professionals™ at Aging Wisdom are both compassionate and offer years of experience to help you develop a workable self-care plan and find the support you need. Find your very own Aging Life Care Professional™ at agingwisdom.com.

To meet with an *Aging Lifecare Professional*, please call **206.456.5155, ext. 1**, or email us at jgray@agingwisdom.com